

The King Snake Tradition

Nutritional Plan

Preamble

I've been a lean guy most of my life but got up to 193lbs at one point. I improved my diet and lost about twenty pounds. In this time of my life, I was doing a lot of kettle bell training, eating lots of salads, and running on a treadmill. Until, I discovered The Intermittent Fasting Diet I still weighed about 175lbs.

I've found with Intermittent Fasting that I can maintain what I consider to be my natural weight with more moderate amounts of exercise.

My natural weight has me between 165lbs and 155lbs and can maintain this being car free and working out as much as I like. I'm not a body builder but do martial arts and never thought to professionalize my martial arts. I was trained at a Karate Dojo which taught being a Sangha (laity).

My program is The King Snake Tradition and is largely built on a style of life which I picked up being part of a street artist community. I was a haiku poet and martial arts scholar during this time in which we had an underground artist hostel and commune.

Diet is important to martial arts, especially, if you are going to pursue things other than training hours a day, every single day. 70% of fitness is in nutrition. With my interests being diverse and fitness only being a piece of the puzzle that 70% goes a long way.

I've not always felt I could afford a healthy diet as much as I would like. But did not make smart food choices with the money I had. I've had periods of my life in which I ate at soup kitchens which provide fairly reasonable and healthy food choices. But for a period after I lost my weight I ended up eating a lot of fast food. It was not cheaper. And caused my blood pressure to increase to unhealthy levels for the first time in my life—fortunately, I did not gain much weight.

During this period of eating lots of fast food I was still very active but tired a lot of the time. I thought it might have been to do with the factory work I was doing. But food choice played a role.

There have been ups and downs in my pursuit of fitness and good eating. For a while, I was doing a lot of bike touring with mostly good nutrition. However, I found with bike touring my weight to be a little lower than what I like. I'm 6' 1" tall and I weighed as little as 149lbs. Too many calories would have to be consumed to maintain the physique I like with bike touring as opposed to martial arts.

Martial arts has always been an interest but not always the most important thing in my life. I'm still an amateur level athlete but choose martial arts as a way of staying healthy, strong, and disciplined. Diet is essential.

From being a lean younger man through my adolescence—to gaining weight at one point in my life—getting into martial arts has provided a way to remain healthy and strong. I'm not choosing a means that costs lots of money, either. I work out in my backyard or in a park and still ride a bicycle.

But to be car free rather than for recreational touring.

Being healthy and strong can contribute to good budgeting and a life of radicalized simplicity. Your body can be a sufficient means for you to create a life which is smart financially if you use your muscles for their functionality that's necessary to be self-sufficient.

The Intermittent Fasting Diet will be a means to stay self-sufficient in that you will maintain a healthy and strong body without spending too much money.

Intermittent Fasting

The King Snake Tradition's official diet is The Intermittent Fasting Diet. We recommend six week fasts to cut weight using a 16/8 fast. Fasting 16 hours a day, will require skipping either breakfast or dinner, and having a 8 hour window for eating, with a 16 hour window for fasting, which includes time spent sleeping.

If you are at your maintenance for your weight management then we recommend once, monthly, 24 hour fasts. This would allow for only black coffee and water intake, exclusively, for 24 hours once a month.

The reason I recommend a six week fast is to establish new eating habits. It takes about one month to create a new habit. In six weeks, you will have established habit which will result in a leaner physique and healthier intake.

After your first six weeks on this program you will want to maintain your new weight at whatever you've arrived at. Depending on your weight loss goals you may want to decide which meal you will skip in the first six weeks. For losing more weight, you will want to skip dinner for less skip breakfast which has fewer calories and is less filling.

Once you've established your new eating habits and weight you will want to continue with your diet. A once monthly 24hr fast and occasional meal skipping will result in a healthier weight. It's healthy to let your organs rest and just three to twelve hours between breakfast and dinner is sufficient.

Food Budgeting

Eating should not break the bank. With some diets the cost of good nutrition is unmanageable for many people. There are expensive supplements and drinks and restrictions on intake which have a practitioner eating expensive foods which can make a diet expensive. Intermittent fasting allows for more tolerance around what you eat making it possible to have a more affordable diet which is still effective for losing or maintaining a healthy weight.

Eating out is done sparingly on my diet program. Most of my foods are simple breakfasts like a bowl of cereal or sandwich at lunch. Fruits make for a great and less expensive snack, especially, bananas are a cheap alternative to a protein bar.

Sugars

Sugars should be used sparingly in a nutritional plan even if the basic weight loss tool is fasting. No

sugar in your coffee is highly recommended. And no sugary drinks like soda or energy drinks. There can still be some tolerance for sweets as long as it is managed effectively with the knowledge that sugar intake is counter productive to maintaining a healthy weight. Cutting out candy, chocolate bars, sodas, and other unhealthy snacks is also a good way to save money.

Breakfast is an important meal as we expend lots of energy between morning and lunch. Not consuming sugary cereals is highly recommended. If you really want a sweetened breakfast, oatmeal, with nuts and maple syrup is a great alternative.

Vitamins and Supplements

Vitamins and supplements are good for increasing the nutritional value of your daily intake. They can be expensive and can have less value than what they cost. Stay away from sugary dietary supplements like protein bars or shakes. A multi-vitamin is essential. Other dietary supplements which can improve the bodies ability to stay healthy and function at an optimal level are glucosamine, fish oil, ginkgo, and herbal supplements.

Herbal teas might be preferable to herbal supplements and can provide a good manner in which to take in water without the caffeine of a cup of black coffee. These have lots of health benefits and can be relaxing to drink as opposed to gulping down a sports drink.

Sodium

Sodium should be managed the same way sugars are and cannot be taken excessively. Salty snacks are unnecessary and should be avoided except for nuts. This can again be a good manner in which to watch your food budgeting. Eliminate fast food. And avoid salty snacks from the convenience store as much as is possible. Sodium intake will increase water weight and is not of benefit to your heart health. A healthy weight isn't just being leaner but having a strong musculature which is supported with healthy functioning of the heart and other organs.

Protein drinks have a lot of sodium and sugar and are not necessary to athletic performance. Milk is a much better alternative with less sodium and which will not increase water weight.

Water

Working out and being physically active is the best way to increase water intake. The KST diet plan has to do a lot with budgeting in which water is less expensive than sports drinks. Has less sugar, sodium, and less calories. It's ok to have black coffee during a 24 hour fast to make this diet plan a little easier. Milk is 99% water and is important to bone health. Except for during 24 hour fasts or outside your eating window milk is a good alternative to protein drinks which are expensive and contain lots of sodium and sugar.

Fruits and Vegetables

Fruits and vegetables are more affordable than meats and offer greater nutritional value for the amount of calories they contain. The Intermittent Fasting Diet allows for the consumption of meats which is part of how attractive this diet plan is.

It's not about what you eat as long as your food choices are in line with your weight management goals. You don't have to work as hard at having a healthy mind and body if you make smart food choices. Eating lots of fruit and vegetables is essential to having a lean mass which makes for better athletic

performance.

Fruits make for great snacks. And vegetables are not only a good source of nutrition but are great for cutting calories. Lots of vegetables at dinner will be a happy road to weight loss and good eating. The meat at dinner should be proportionally smaller than the amount of vegetables consumed.

Proteins

The great thing about an Intermittent Fasting Diet is that you have liberties with your intake. Fatty foods which have a lot of protein and are more filling are fine to have in your diet if they are consumed in proportion to the amounts of fruits, vegetables, and carbohydrates consumed. A more filling meal can help you to eat a little less often. And having less restrictions on your intake can make your diet plan easier to follow.

Proteins build muscle as well and should be included in your diet if you do martial arts. The King Snake Tradition promotes a diet which is suitable for martial arts. This is different from running marathons or riding long distance bike rides.

As we do not recommend protein drinks because of their sugar and sodium content—meats and milk as well as nuts can be of benefit to your nutritional intake. Fats can be healthy. They just need to be taken in a manner which is itself healthy and not excessive. Many meats provide healthy fats which are rich in nutrients.

Carbohydrates

Carbohydrates which are found in grains, fruits, and vegetables are a great source of energy. They can be very beneficial to an athlete's diet to sustain high levels of physical activity. Breakfast is a great time to consume a lot of carbohydrates, providing energy for hours.

If a large portion of carbohydrates are consumed with fruits and vegetables this will increase your nutritional intake as they are rich in vitamins.

Conclusion

Healthy eating is about creating a lean mass for athletic performance and should be done with moderation and smart food choices. Respiratory, as well as heart function, joint health, and brain function are all just as important as a good physique. An Intermittent Fasting Diet can be a sound means to have a healthier mind and body in conjunction with healthy eating.

A regular fast whether to maintain a healthy weight or lose weight is an essential ingredient to making this nutritional plan work. Otherwise, a well designed food budget which allows for eating lots of fruits and vegetables will allow for the plan to work much better. Avoiding salty and sugary snacks—which are marketed as cheaper foods—will actually reduce cost for your nutritional intake.

The Intermittent Fasting Diet will improve athletic performance and help develop a lean mass if it's in conjunction with smart food choices.